

DO NOT SUFFER FROM LONELINESS.

Go outside

Go away

It's all the people making you lonely.

Pick a spot on the horizon
and head straight for it.

Weave your way through a stand of redwoods.
Kayak an island chain.

Peer over your toes at the edge of a canyon.

Go to your favorite place.

Again. and again.

This is what you need to do.
Not just because it fuels your independence.

But because it reminds you
you're a part of something bigger.

And although it may not occur
to the baffled onlookers

who can't take their eyes off

your smiling mud-covered wired up insane self,
it will occur to you

You aren't the

Just do it

